



2025 Practice Schedule

(November 17-30)

	Monday Nov 17	Tuesday Nov 18	Wednesday Nov 19	Thursday Nov 20	Friday Nov 21	Saturday Nov 22	Sunday Nov 23
Novice	5:00-6:00pm swim Lakes		5:00-6:00pm swim Lakes		No practice	9:00-10:30am swim Lakes	
Bronze	6:00-7:15pm swim Lakes		6:00-7:15pm swim Lakes			5:30-6:00pm dry 6:00-7:30pm swim SC	
Silver			7:00-7:30pm dry 7:30-8:45pm swim SC	7:00-8:30pm swim SC		Noon-12:30pm dry 12:30-2:00pm swim SC	4:30-6:00pm swim SC
Gold	6:00-6:30pm dry 6:30-8:00pm swim SC	6:15-6:45pm dry 6:45-8:15pm swim SC	5:45-6:15pm dry 6:15-7:30pm swim SC	5:30-7:00pm swim SC		11:00-12:30am swim 12:30-1:00pm dry SC	
Senior	5:30-6:30pm swim SC	4:45-5:30pm WR 5:45-6:45pm swim SC	5:30-6:15pm swim SC	Drop-in window 4:00-5:00pm swim SC			
National Team	4:30-5:30pm swim SC		4:45-5:30pm swim SC				

- Our HS swimmers have shortened practices this week as we taper for the Senior Invite.

	Monday Nov 24	Tuesday Nov 25	Wednesday Nov 26	Thursday Nov 27	Friday Nov 28	Saturday Nov 29	Sunday Nov 30
Novice	5:00-6:00pm swim Lakes		5:00-6:00pm swim Lakes	No practice		9:00-10:30am swim Lakes	
Bronze	6:00-7:15pm swim Lakes		6:00-7:15pm swim Lakes				5:30-6:00pm dry 6:00-7:30pm swim SC
Silver	6:30-7:00pm dry 7:00-8:30pm swim SC		3:30-5:00pm Optional practice for all groups SC + 7:00-7:45am WR for Senior/NT only		1:00-2:30pm swim SC	Noon-12:30pm dry 12:30-2:00pm swim SC	4:30-6:00pm swim SC
Gold	5:30-7:00pm swim 7:00-7:30pm dry SC	6:15-6:45pm dry 6:45-8:15pm swim SC			11:30am-1:00pm swim SC	11-12:30am swim 12:30-1:00pm dry SC	
Senior	4:30-6:15pm swim OSU	4:45-5:30pm WR 5:45-6:45pm swim SC			10:00-11:30am swim SC	7:30-9:00am swim SC	12:30-2:30pm swim SC
National Team					8:30-10:00am swim SC		2:30-4:30pm swim SC

- Nov 24 is our only practice at OSU since they're hosting a large invite the first week & have Thanksgiving break the second week.